

HEALTH & WELLNESS Center



2023

Annual Report



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About HWC

The Health & Wellness Center (HWC) is the largest rural Community Health Center (CHC) in Oklahoma. We have been proudly serving southeastern Oklahoma since 2005. The Health & Wellness Center serves close to 34,000 patients annually and operate out of 7 healthcare clinics, 3 pharmacies, and 3 residential substance use recovery facilities. Clinic locations include Checotah, Eufaula, Poteau, Sallisaw, Stigler, Warner, and Wilburton.

In 2021 HWC was given the opportunity to add Adventure Head Start to the growing list of services offered. Roughly 20 locations and 43 class rooms throughout southeastern Oklahoma serve nearly 700 children and their families.

The Oaks of McAlester provides substance use disorder services & residential treatment along with The Pines of Poteau, the newest addition to our residential treatment facilities is the HWC Detox, housed within The Oaks.

HWC has grown over the years and is nearing 20 years of service in southeastern Oklahoma. The Health & Wellness Center's mission is to provide comprehensive services, enrich lives by investing in our communities, and improve quality of life.

Mission, Values, Vision



HWC 2.0

OUR VALUES:
TEAMWORK
INNOVATION
BALANCE
ACCESSIBILITY
EXCELLENCE

OUR MISSION:
IMPROVING QUALITY OF LIFE
INVESTING IN OUR COMMUNITIES
PROVIDING COMPREHENSIVE SERVICES

OUR VISION:
**HWC WILL BE A NATIONAL MODEL OF EXCELLENCE
IN PROVIDING ALL INCLUSIVE CARE FOR PEOPLE
OF ALL AGES.**

A LETTER FROM OUR BOARD PRESIDENT

To Our Valued Community Partners and Members,

I want to thank each of you for another year of excellence, growth, and partnership. As I reflect on the privilege it's been over last 10 years to serve on The Health & Wellness Center Governing Board, I cannot help but be impressed and in awe of the work being done.

With an increasing focus, The Health & Wellness Center team has been digging into what it takes to achieve sustainable change toward health equity in our region. We never back down from a challenge. I am proud that we take ownership to find solutions to help our communities. If there is not a current solution available, we find one, or make it happen ourselves. We have constantly examined how our actions have helped the communities we serve and where we need to focus more attention. Through this process we have been honored by the willingness of our neighbors and community partners to share their vision, strength, and feedback regarding the needs of local families and communities.

These conversations have inspired and challenged us. They have helped clarify how HWC must evolve to offer the diversity of support and solutions required by communities most affected by health inequities in our region. Alongside providing resources to the community, HWC must leverage our connections, voice, knowledge and reputation in new ways. The Health & Wellness Center is committed to providing comprehensive care to everyone that walks through our doors. This upcoming year there is still work to be done and opportunities to work alongside even more incredible partners as we strive to be a national model of excellence in the health care world. Let's get excited and get it moving!

Erika Martens

Board President

The Health and Wellness Center, Inc.



A Letter from our Chief Executive Officer

Dear Friends and Colleagues,

As I reflect on the past year, I am filled with immense pride and gratitude for the remarkable journey The Health and Wellness Center, Inc. has undertaken. Since our inception in 2004, our mission has been steadfast: to provide comprehensive services, improve the quality of life for the patients we serve, and invest in our communities. This mission has guided us through another year of transformative growth and service in Eastern Oklahoma.

In 2023, we served over 30,000 patients, providing more than 115,000 visits. These numbers are not just statistics—they represent the lives we have touched and the communities we have strengthened. Each interaction, each service, and each care plan is a testament to our commitment to excellence and accessibility.

Our core values—Teamwork, Innovation, Balance, Excellence, and Accessibility—are at the heart of everything we do. Teamwork has enabled us to collaborate across disciplines and deliver holistic care that addresses the multifaceted needs of our patients. Innovation has driven us to adopt new technologies and approaches, ensuring we remain at the forefront of the healthcare industry. Balance has reminded us to consider the well-being of our team members as we strive to provide exceptional care. Excellence has been our benchmark, pushing us, as we push each other, to continuously improve and uphold the highest standards for those we serve.

Accessibility has ensured that our services are within reach for everyone in our community, regardless of their insurance status, income or other challenging circumstances they may be facing.

One of the highlights of this year has been the continued success and impact of one of our newest programs...Adventure Head Start. This initiative is not just about early childhood education—it is about laying the foundation for healthier, brighter futures for our youngest community members. By integrating health and education, we are fostering environments where children can thrive and reach their full potential.

Our vision is to be a national model of excellence in the healthcare industry. While we have made significant strides toward this goal, we recognize that our work is challenging and often unrecognized. Yet, it is also the most rewarding. The stories of recovery, the smiles of our patients, and the gratitude of the families we serve, fuel our passion and dedication.

As we look ahead, we remain committed to our mission and values. We will continue to innovate, collaborate, and invest in our communities. Our goal is not just to meet the needs of today but to anticipate and address the challenges of tomorrow.

Thank you to our incredible team, our partners, and our community for your unwavering support. Together, we are making a difference—one patient at a time, one student at a time, and one service at a time.

With sincere gratitude,

Teresa Huggins

Chief Executive Officer

The Health and Wellness Center, Inc.



Governing Board

Michelle Wade

VICE PRESIDENT

MEMBER SINCE 2012

REPRESENTS SEQUOYAH COUNTY

Pennie Embry

SECRETARY

MEMBER SINCE 2014

REPRESENTS HASKELL COUNTY

Royce Alverson

TREASURER

MEMBER SINCE 2014

REPRESENTS HASKELL COUNTY

Doug Hall

MEMBER SINCE 2022

REPRESENTS LEFLORE COUNTY

Tim Turner

MEMBER SINCE 2021

REPRESENTS HASKELL COUNTY

Kristin Peerson

MEMBER SINCE 2017

REPRESENTS HASKELL COUNTY

Paula Deaton

MEMBER SINCE 2022

REPRESENTS PITTSBURG COUNTY

Marcy Ross

MEMBER SINCE 2023

REPRESENTS HASKELL COUNTY

Jordan Pace

MEMBER SINCE 2023

REPRESENTS SEQUOYAH COUNTY

Mitch Girty

MEMBER SINCE 2012

REPRESENTS MUSKOGEE COUNTY

Carey Gragg

MEMBER SINCE 2023

REPRESENTS PITTSBURG COUNTY

Wanda Leathers

MEMBER SINCE 2016

REPRESENTS MCINTOSH COUNTY

Jared Rosenberg

MEMBER SINCE 2022

REPRESENTS SEQUOYAH COUNTY

Trish McBeath

MEMBER SINCE 2019

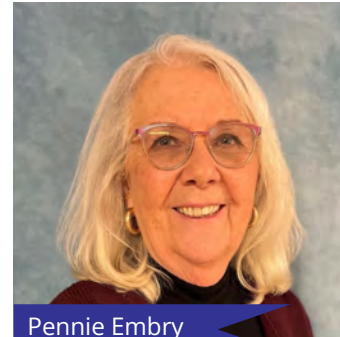
REPRESENTS LATIMER COUNTY



Erika Martens



Michelle Wade



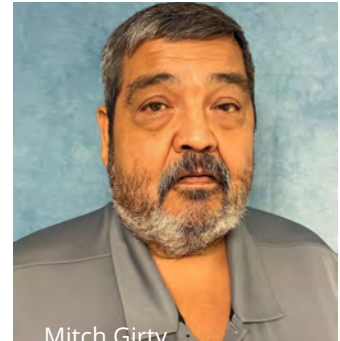
Pennie Embry



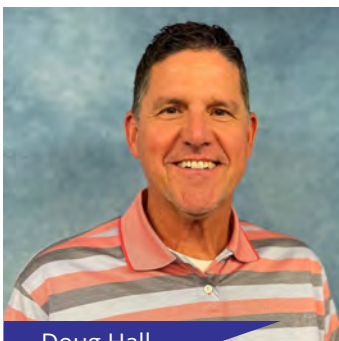
Royce Alverson



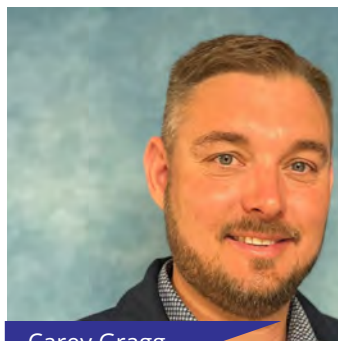
Jordan Pace



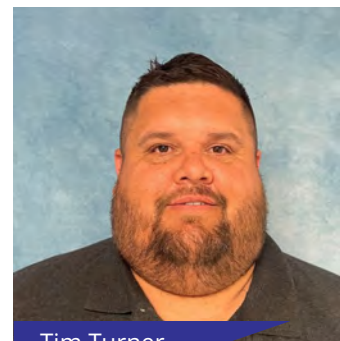
Mitch Girty



Doug Hall



Carey Gragg



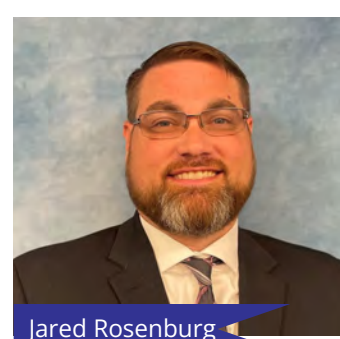
Tim Turner



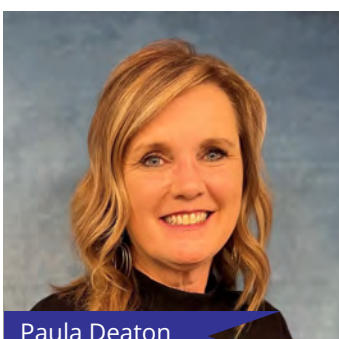
Wanda Leathers



Kristin Peerson



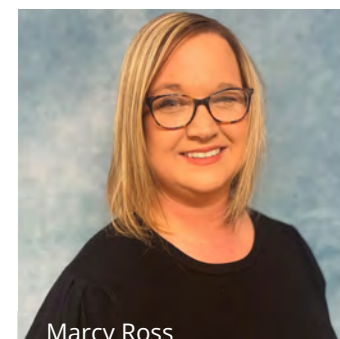
Jared Rosenberg



Paula Deaton



Trish McBeath



Marcy Ross

EXECUTIVE TEAM



Brooke Lattimore, MBA
Chief Operating Officer
With SHWC since 2007



Stephanie Long
Chief Financial Officer
With SHWC since 2008



Jennifer Scoufos, DO
Chief Medical Officer
With SHWC since 2018



David Martin, MHHS, PHR
Chief People Officer
With SHWC since 2007

LEADERSHIP

Jeremy Roach, OD
Optometry Director

Angie Shaffer
Patient Access Director

Connie Olcott
Marketing Director

David Knowlton
Building Maintenance
Coordinator

Clark Grothe, LCSW
Behavioral Health Director

Kayla Wright
CQI Coordinator

Alicia Mass
Oaks SUD Recovery Director

Sarah Byrum
PharmD- Pharmacy Director

Caprice Truelove
Grants Manager

Emily Carmichael
Legal Counsel

Dr. Patrick Tran
Dental Director

Steve Wotring
IT Director/Security Officer

Kiera Waggoner
Administrative Assistant/Corporate
Trainer

Randee Dix
Patient Care Coordinator
Mgr/Asst. Director of Nursing

Janice Bracken
Billing Director

Jaclyn Nixon, RN
Director of Nursing/
Infection Control/Safety Officer

Caleb Knowlton
HWC Adventure Head Start
Program Director

Autumn Bowden
Data Analyst
Special Projects Coordinator

Tiffany Dickson
MHA, aPHR - HR Director

April Minor
Integrated Care Team Lead

SERVICES AT A GLANCE

- **Medical**

- Family Practice
- Pediatrics
- Preventative Care
- Case Management



- **Behavioral Health**

- Counseling, Psychiatric Medication Management
- Residential and Outpatient SUD Recovery Treatment
- Medication Assisted Treatment for Opioid Use Disorder

- **Dental**

- Mobile Dental Unit



- **Optometry**

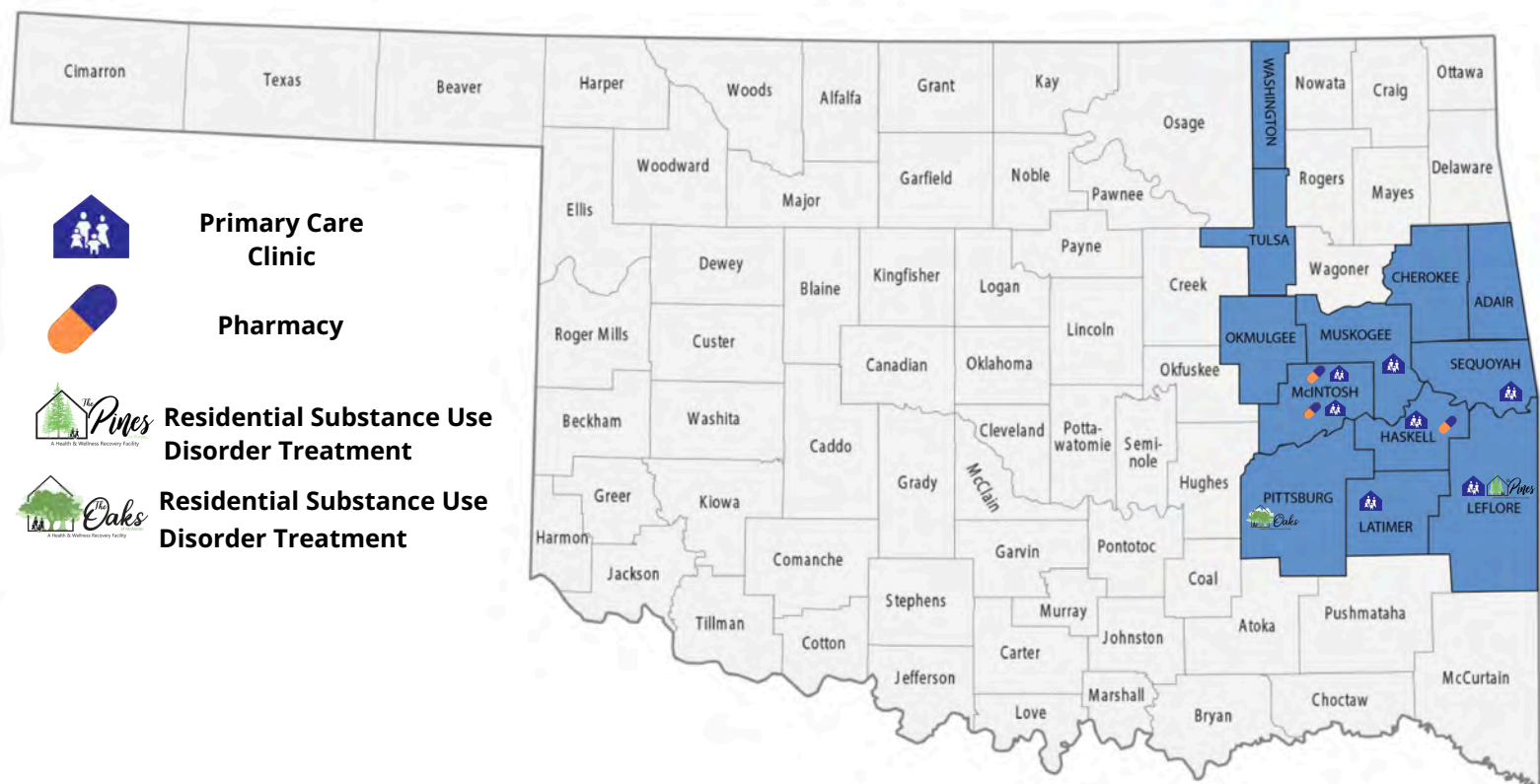
- **Pharmacy**

- Hoover Drug
- Checotah Pharmacy
- Eufaula Pharmacy

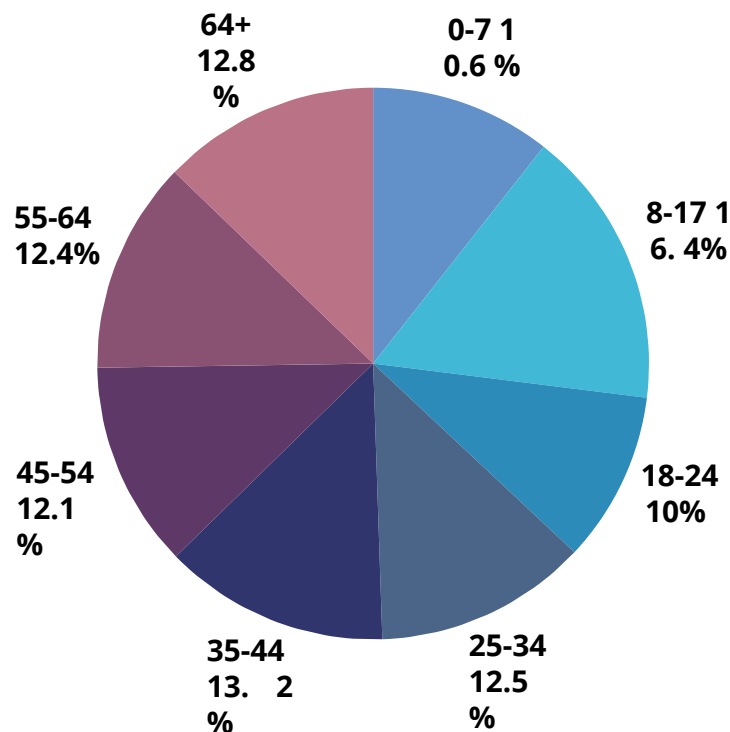
- **Adventure Head Start**



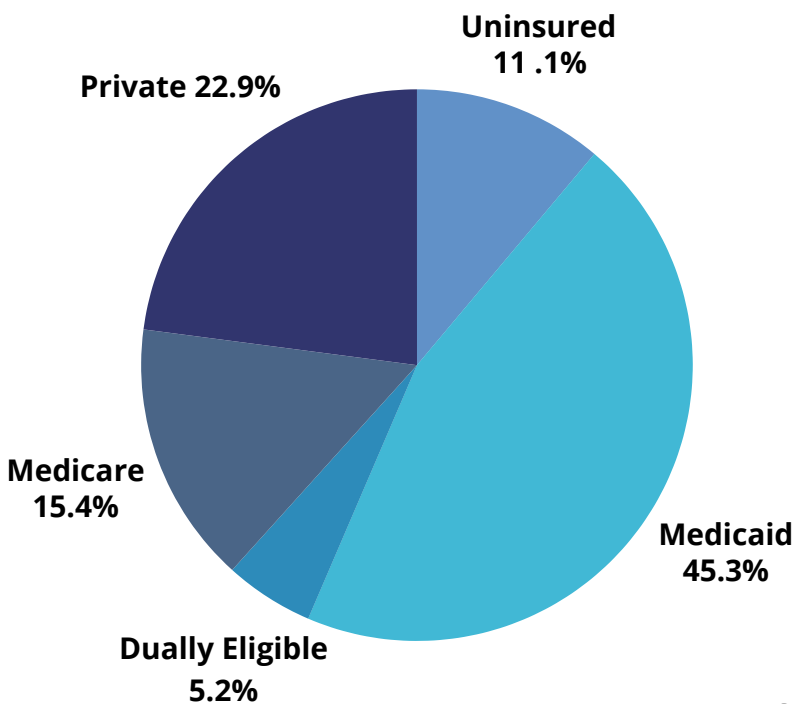
WHERE & WHO WE SERVE



Consumer Age Range



Insurance Overview



HEALTH & WELLNESS CENTER

ADVENTURE

HEAD START



Adventure Head Start

As we reflect on this past year with HWC Adventure Head Start, I am filled with immense gratitude for the dedication and passion of our team and the endless potential of the children and families we serve. Our collective efforts have transformed challenges into opportunities as we have lived out our theme for this year, "Building Bridges: Reconnecting With Purpose". Our purpose each day is to foster a safe and nurturing environment where each child can thrive and achieve their fullest potential. In this past year, we served 417 children and families through providing quality education services, serving healthy meals and snacks, engaging families, and closing the gap for children with healthcare needs - all to ensure they have the framework in place to be successful as they continue to learn and grow. As we move forward, we remain committed to the vision of building a brighter future for each child and family and our communities. - Caleb Knowlton, Adventure Head Start Director

HEALTH center & WELLNESS center GRANTS AT WORK

Accelerated Cancer Screening (AxCS)



- Provide cancer screening to all consumers.
- In 2023 the grant allowed for 1,417 Colorectal Cancer Screenings, 1,766 Cervical Cancer Screenings, and 1,212 Breast Cancer Screenings.

Primary Care HIV Prevention (PCHP)



- Assist in the initiative to reduce new HIV infections
- In 2023 a total of 4,016 HWC consumers were screened for HIV. Along with that, 1,181 take home screenings kits were distributed to community members.

Mental Health Awareness Training (MHAT)

- MHAT is focused on expanding and enhancing awareness training efforts to better prepare individuals, to identify mental illness, employ de-escalation techniques, establish referral linkages, and connect individuals to available community resources.
- In 2023, trainers for HWC provided training to 176 individuals.



**Mental Health
FIRST AID**
from NATIONAL COUNCIL FOR MENTAL
WELLBEING

**Stigler Health and Wellness Center,
Inc. Consolidated Balance Sheets
November 30, 2023 and 2022**

Assets	2023	2022
Current Assets		
Cash	\$ 35,514,984	\$ 31,251,519
Short-term investments	-	341,919
Patient accounts receivable	2,372,049	2,248,062
Estimated amounts due from third-party payors	11,855	69,582
Grants and other receivables	2,843,352	1,686,163
Pharmacy inventory and supplies	1,907,478	1,803,422
Prepaid expenses and other	93,364	337,268
Total current assets	42,743,082	37,737,935
Asset Held for Sale	-	193,435
Assets Limited As To Use		
Externally restricted by lender	2,191,356	2,329,828
Long-Term Investments	542,260	-
Investment in Equity Investees	339,124	328,478
Property and Equipment, at Cost		
Buildings and leasehold improvements	20,102,531	22,376,171
Equipment	6,099,146	5,273,982
Land	1,648,413	1,193,788
Construction in progress	242,026	598,541
	28,092,116	29,442,482
Less accumulated depreciation	8,790,556	8,051,890
	19,301,560	21,390,592
Other Assets		
Right-of-use assets - operating leases	182,631	-
Right-of-use assets - finance leases	1,852,324	-
Goodwill, net	1,247,204	1,436,652
Notes receivable	4,366,904	4,385,392
Other long-term receivable	500,000	-
Interest rate swap agreements	369,613	402,239
	8,518,676	6,224,283
Total assets	\$ 73,636,058	\$ 68,204,551

**Stigler Health and Wellness Center,
Inc. Consolidated Balance Sheets
November 30, 2023 and 2022**

Liabilities and Net Assets		
	<u>2023</u>	<u>2022</u>
Current Liabilities		
Current maturities of long-term debt	\$ 590,136	\$ 1,028,058
Accounts payable	1,822,360	795,764
Accrued expenses	2,586,505	2,180,185
Current portion of operating lease liabilities	31,539	-
Current portion of finance lease liabilities	269,710	-
Deferred grant revenue	<u>277,830</u>	<u>45,965</u>
Total current liabilities	5,578,080	4,049,972
Other Liabilities		
Long-term debt	13,145,065	15,695,589
Operating lease liabilities	151,092	-
Finance lease liabilities	<u>1,704,810</u>	<u>-</u>
Total liabilities	<u>20,579,047</u>	<u>19,745,561</u>
Net Assets		
Without donor restrictions	52,848,546	47,673,526
With donor restrictions	<u>208,465</u>	<u>785,464</u>
Total net assets	<u>53,057,011</u>	<u>48,458,990</u>
Total liabilities and net assets	<u><u>\$ 73,636,058</u></u>	<u><u>\$ 68,204,551</u></u>

Stigler Health and Wellness Center, Inc.
Consolidated Statements of Operations
Years Ended November 30, 2023 and
2022

	<u>2023</u>	<u>2022</u>
Revenues, Gains, and Other Support Without Donor Restrictions		
Patient service revenue	\$ 21,355,540	\$ 19,895,528
Pharmacy revenue	21,906,770	21,037,135
Shared savings revenue	308,281	448,239
Grant revenue	15,961,259	13,466,088
Contributions of cash and other financial assets	79,274	51,521
Contributions of nonfinancial assets	1,542,459	1,794,198
Net assets released from restrictions used for operations	313,823	42,157
Other	268,933	342,502
Total revenues, gains, and other support without donor restrictions	<u>61,736,339</u>	<u>57,077,368</u>
Expenses and Losses		
Salaries and wages	21,851,766	18,706,340
Employee benefits	5,011,482	3,789,913
Purchased services and professional fees	1,784,748	969,560
Pharmacy costs	14,149,261	12,624,027
Supplies and other	10,628,309	8,242,785
Rent	1,841,008	1,905,770
Depreciation and amortization	2,215,560	2,013,997
Interest	634,116	597,300
(Gain) loss on disposal of property and equipment	(55,861)	2,852
Total expenses and losses	<u>58,060,389</u>	<u>48,852,544</u>
Operating Income	<u>3,675,950</u>	<u>8,224,824</u>
Other Income (Expense)		
Investment return, net	417,992	144,017
Gain on investment in equity investees	65,009	5,020
Change in fair value of interest rate swap agreements	(32,624)	314,207
	<u>450,377</u>	<u>463,244</u>
Excess of Revenues Over Expenses	4,126,327	8,688,068
Grants for acquisition of property and equipment	182,216	69,293
Contributions of property and equipment	450,000	125,000
Net assets released from restriction used for purchase of property and equipment	<u>416,477</u>	<u>-</u>
Increase in Net Assets Without Donor Restrictions	<u>\$ 5,175,020</u>	<u>\$ 8,882,361</u>

Stigler Health and Wellness Center, Inc.
Consolidated Statements of Changes in Net
Assets Years Ended November 30, 2023 and 2022

	<u>2023</u>	<u>2022</u>
Net Assets Without Donor Restrictions		
Excess of revenues over expenses	\$ 4,126,327	\$ 8,688,068
Grants for acquisition of property and equipment	182,216	69,293
Contributions of property and equipment	450,000	125,000
Net assets released from restriction used for purchase of property and equipment	<u>416,477</u>	<u>-</u>
Increase in net assets without donor restrictions	<u>5,175,020</u>	<u>8,882,361</u>
Net Assets With Donor Restrictions		
Contributions received	153,301	673,494
Net assets released from restrictions	<u>(730,300)</u>	<u>(42,157)</u>
Increase (decrease) in net assets with donor restrictions	<u>(576,999)</u>	<u>631,337</u>
Change in Net Assets	4,598,021	9,513,698
Net Assets, Beginning of Year	<u>48,458,990</u>	<u>38,945,292</u>
Net Assets, End of Year	<u><u>\$ 53,057,011</u></u>	<u><u>\$ 48,458,990</u></u>

Stigler Health and Wellness Center, Inc.
Consolidated Statements of Cash Flows
Years Ended November 30, 2023 and
2022

	<u>2023</u>	<u>2022</u>
Operating Activities		
Change in net assets	\$ 4,598,021	\$ 9,513,698
Items not requiring (providing) operating cash flow		
Depreciation and amortization	2,215,560	2,013,997
Gain on investment in equity investees	(65,009)	(5,020)
(Gain) loss on disposal of property and equipment	(55,861)	2,852
Change in fair value of interest rate swap agreements	32,626	(314,207)
Interest attributable to debt issuance costs	14,803	24,578
Grants and contributions of and for the acquisition of property and equipment	(697,216)	(610,769)
Noncash operating lease expense	32,372	-
Changes in		
Patient accounts receivable	(123,987)	724,398
Estimated amounts due from third-party payors	57,727	72,277
Grants and other receivables	(1,159,671)	(482,924)
Pharmacy inventory and supplies	(104,056)	(194,096)
Prepaid and other assets	243,904	(259,244)
Accounts payable and accrued expenses	1,401,625	(765,253)
Deferred grant revenue	231,865	(10,664)
Operating lease liability	(32,372)	-
Net cash provided by operating activities	<u>6,590,331</u>	<u>9,709,623</u>
Investing Activities		
Proceeds from disposition of property and equipment	310,000	-
Purchase of short-term investments	(8,455)	(35,915)
Proceeds from disposition of assets limited as to use	(53,414)	28,056
Distributions from equity investees	54,363	-
Investment in equity investees	-	(184,000)
Purchase of property and equipment	(1,211,353)	(1,228,769)
Deposit for future investment	(500,000)	-
Net cash used in investing activities	<u>(1,408,859)</u>	<u>(1,420,628)</u>
Financing Activities		
Proceeds from grants and contributions for acquisition of property and equipment	249,698	460,588
Principal payments on long-term debt	(928,638)	(807,506)
Principal payments on finance lease liabilities	(257,555)	-
Payments received on notes receivable	18,488	16,029
Net cash used in financing activities	<u>(918,007)</u>	<u>(330,889)</u>
Increase in Cash	4,263,465	7,958,106
Cash, Beginning of Year	<u>31,251,519</u>	<u>23,293,413</u>
Cash, End of Year	<u>\$ 35,514,984</u>	<u>\$ 31,251,519</u>
Supplemental Cash Flows Information		
Interest paid (net of amount capitalized)	\$ 619,313	\$ 572,722
Accounts payable incurred for property and equipment	31,291	-
ROU assets obtained in exchange for new finance lease liabilities	157,464	-
Contribution of property and equipment	450,000	125,000



HEALTH & WELLNESS Center

1505 E. Main Street, Stigler, Oklahoma 74462